

30 Day Kindness Challenge

Take the pledge, join the project and commit 30 days to some of these kindness habits that will help you #BeKind to yourself, others, and the planet.

- 1 Extend kindness to yourself. Look in the mirror today and tell yourself three things you love about yourself
- 2 Check in on a loved one that you haven't heard from in a while today 
- 3 Go out of your way to compliment someone
- 4 Donate unused household items to your local charity shop 
- 5 Change three small steps in your weekly routine that are kind to the environment
- 6 Offer to pick up groceries for your elderly neighbour 
- 7 Let someone jump the queue at the supermarket 
- 8 Help someone declutter their space
- 9 Learn more about 5 Gyres's [Do Less for the Planet Campaign](#) 
- 10 Send a motivational quote to someone that needs it
- 11 Send someone a handwritten note 
- 12 Look at new planet friendly swaps that you can make using [MADE SAFE's list](#) 
- 13 Cook together with family or friends, make their favourite meal
- 14 Say good morning to someone in the street 
- 15 Check how body and planet friendly your products are using [EWG's Skin Deep database](#) 
- 16 Support a local business
- 17 Send flowers to a friend 
- 18 Hold the door open for a stranger
- 19 Bake for your colleagues, bring the treat into work for everyone to enjoy 
- 20 Tell your family members how much you love and appreciate them
- 21 Lend your ear - offer support and listen to a colleague who is having a bad day
- 22 Have a conversation with someone who is experiencing homelessness
- 23 Pay it forward 
- 24 Check out 1% for the Planet and [make a donation](#) if you can 
- 25 Let a fellow driver merge into your lane or exit a street 
- 26 Offer your time for childcare
- 27 Send kudos to a colleague for something they've done well 
- 28 Attend a local litter picking event 
- 29 Find out why you should look out for the [GOTS label](#) on your textiles 
- 30 Tell someone you know that you're proud of them 